

# FAMILY FOCUS

## News VTANG Families Can Use!

September 2005

### Message from the Family Readiness Office

Hello to all of you from the Vermont Air National Guard Family Readiness Office. We hope you have been enjoying your summer! It is approaching the end of the summer and with the end comes new beginnings! It's the beginning of our wonderful Vermont Fall season, cooler weather, picking apples, beautiful colors and of course, the beginning of the new school year. Back to school shopping, endless paperwork for the schools, anxiety for the first timers, both parents & children! And for VTANG members & their families, it is time to begin preparations for the upcoming deployment. There are approximately 350-400 members that will be deploying in 2006, beginning with a small group in January. The Family Readiness Office and the Family Readiness Groups are also gearing up to offer whatever assistance we can to all of the VTANG families. Deploying or not deploying, READINESS is year round. Use this time to be sure that you are prepared in event of any deployment! In this newsletter, you will find some tips and information in regards to the AEF (Air Expeditionary Force), and other news you can use!!!

### Message from the Commander

Our Nation's most valuable resources lie within the hearts of the families that we so greatly cherish. That family exists not only within our homes scattered throughout this State.... but also lies within the military family that has changed so much in the last few years. We have seen our military families torn apart by wars fought overseas, yet united in efforts to care for each other while our loved ones are deployed.

During this past year, I am very impressed and proud of the efforts of our Vermont Air National Guard Family Readiness office in creating events that truly call us together as family. From our first ever Winter Carnival to our annual Family Day, Mary Bullis and Kelli Langlois have really gone above and beyond to help us to slow down a bit and to remember that our families are an intricate part of our military organization. Without our families' encouragement and support we would be unable to focus on the important requirements of our National defense in the exquisite manner that we do. They have made available to our families outstanding training events, and have cultivated the incredible talents that lie within our organizational Family Readiness groups.

As we rapidly approach our upcoming AEF rotation, our time with our families becomes all the more valuable. As a Wing, you, our families are the fibers that keep us together as the outstanding military organization that we are. We deepen our commitment to you and encourage you to become involved with **your** Family Readiness Program. It is a wonderful resource that is available solely to support you.... our military family.

PHILLIP E. MURDOCK, Colonel, VTANG  
Wing Commander

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**"And in those military families, I have seen the character of a great nation: decent, and idealistic, and strong....."**

Pres. George W. Bush  
(Rep Nat'l Convention-2004)

## Office Information

**JUNE 2005 FAMILY DAY WAS A HUGE SUCCESS!! THANK YOU TO ALL WHO VOLUNTEERED. IT COULD NOT HAVE BEEN DONE WITHOUT YOU!!!**

A question we often hear is "what does the office do?" Let's address that question now. The office first and foremost, is about assisting the airmen and their families in whatever way we can. If we don't have an answer right in front of us, we will do the research to find it. That is where the term "information and referral" comes in. We provide information in many arenas, such as trainings for volunteers and briefing for families and airmen. We have an extensive list of resources about the military and about and in the Vermont community. We are part of the out/in processing the airmen have to do when going TDY or on deployments. Our biggest goal right now is to work closely with our volunteers to better assist the Family Readiness Groups as much as we can. That is why we this Fall we will be offering a set training schedule for volunteers. And with the AEF coming fast and furious, we will be planning our family briefs for as early as November for the first group that is set to deploy. In addition, we will be working with the Wing Advisory Council and other volunteers to plan our 2<sup>nd</sup> Annual Winter Carnival which will incorporate family AEF briefings for the main body of the deployment. We hope this provides you with a better understanding of the office and its role in the VTANG community. **If you have any questions or concerns, please feel free to call us: Mary Bullis, Wing Family Program Coordinator-(802)652-8035 Kelli Langlois Assistant Wing Coordinator 660-5210, Ext.5617**

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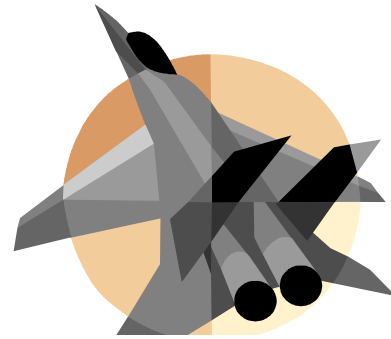


Recently, the 2005 National Workshop and Youth Symposium took place in Boston, Massachusetts. The conference was attended by the Wing Coordinator, Mary Bullis and the following volunteers: Monica Gragg-Security Forces FRG, Heather McElheny-Lead Volunteer Aircraft Maintenance FRG, Tonya Tourville-Lead Volunteer Civil Engineering FRG, and Leslie Irvine & Anna Houston-the two youth delegates for Vermont. There were other attendees from Vermont as well, Army Volunteers and some of our State Family Program Office employees. This conference allowed the participants to attend many workshops on such subjects as Fund Raising Do's and Don'ts, Communication, Coping with Casualties, Volunteer Recruiting, Training Management, Critical Incident Stress Management, Educating the Educator. This is just a small sample of the vast array of topics that were covered in the Symposium. The youth volunteers attended workshops that were tailored to the youth program, which provides services to address the needs of the children and adolescents in our military families. Everyone that participated, returned with increased energy and new ideas to enhance the Family Program, its FRGs, all to better assist our VTANG families! Thank you to all who attended the conference! The 2006 National Workshop will be held in Summer 2006 in Pennsylvania.

**\*\*Special Note-While attending the conference-Army volunteer Ann Marie Klein received word she will be the new State Family Program Youth Coordinator ! Congratulations Ann Marie from us here at VTANG!**

## AEF TIPS & INFORMATION

As, some of you may know, there is an upcoming deployment in the year 2006. As many as 300-400 of our airmen will be serving overseas, from 45 days up to 120 days. This page will have some things to consider when preparing for a deployment. Even if the airman in your family is not deploying, please take some time to consider the following, it may help to have this information readily accessible.



### Here are some questions to help get organized prior to deployment.

#### 1. Where are your important documents kept?

-The family member on the home front needs to be able to put their hands on papers such as wills, power of attorney info, mortgage info etc.

#### 2. Who will be taking care of the bills and do they have a good understanding of doing so?

-It is always a good idea to have someone take over the bills well in advance of the deployment so they can feel comfortable taking it over.

#### 3. Are there financial issues that need taking care of before the airman leaves?

-There are many ways of receiving help to help get someone on the right path financially. You may always check with the Family Readiness Office for resources.

#### 4. Are there any car repairs or maintenance that should be done?

-Have the car in the best possible shape for your family. Make sure it's inspected, the oil is changed, etc.

#### 5. Does your home need heating fuel while the airman is away?

-Be sure to "fill up" and secure ways of purchasing should it be needed again while away.

#### 6. Is guardianship in place for your child?

-We don't like to think of things such as this, however, if you have not named a legal guardian for your child already, do it now! The same goes for having a will completed and power of attorney in place.

#### 7. Has your family discussed the deployment with the children?

-If they are very young, it may not be a good idea to share too far in advance with the children. But as they see you preparing, talk a little about it and let them share their feelings.

#### 8. Do you have a list of support people who can help with tasks?

-Such as lawnmowing, snowblowing, car repairs.

#### 9. Does the family member know how to contact the airman in case of an emergency? In addition to this, do they know the airman's SS#, rank, military address, squadron name & supervisor?

-It is this information that is needed to give to the American Red Cross should your family need to bring a loved one home. The supervisor's name is good to always be familiar with. Keep this information in a handy place. The Red Cross Emergency number is:

**1-877-272-7337**

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These questions are just a sample of things you should be thinking about now. We strongly encourage you to attend family briefings that the WFRP office, along with the volunteers, will be offering that will provide more information and resources. Date and times TBA. If at any time, you would like some assistance with any of these matters, please feel free to call the **Wing Family Readiness Program Office: 1-802-652-8035**

## From around VTANG

### Information from Operations Security:

Operations Security is a Family Affair

As a family member of the military

community you are a vital player in our

success and we couldn't do our job without

your support. You may not know it, but you

also play a crucial role in ensuring your loved

ones safety just by what you know of the

military's day-to-day operations. You can

protect your loved ones by protecting the

information that you know. This is known in

the military as Operations Security or,

OPSEC.

There are many countries and organizations that could gain an advantage if they knew the details of our operations. Operations Security, as the name suggests, protects our operations - planned, in progress, and those completed.

There may be times when your spouse cannot talk about the specifics of his or her job with family or friends. However, you may already know of, or in the future come in contact with, details about VTANG operations. You should not discuss these details outside of your immediate family. You should also notify your sponsor of any unusual or suspicious activity, especially if someone persistently seeks information from you about your affairs or the affairs of your family members.

All family members are part of the OPSEC team and need to protect our information to ensure our safety and success. Please discuss OPSEC with the rest of your family.

MSgt Perry McGrath  
158FW Operations Security (OPSEC)  
Program Manager

### News From the Chaplains Office

We are making progress on the new State Chapel, located on the second floor of the Green Mountain Armory at Camp Johnson. The offices and conference room have been set up and the chapel chairs have arrived. Thanks to the very generous donations of Vermont National Guard members, families and friends, we have been able to set up a small toy closet for children and purchase a small stereo system for the chapel. We have also had donations for artwork and plants to help give the chapel a more comforting atmosphere. We anticipate "officially" opening the chapel sometime in October. In the mean time, if you are in need of a Chaplain, please contact Chaplain (Fr. Skip) Baltz, Joint Force Chaplain, Chaplain Cal Kemp, State Chaplain, or Chaplain MacIntyre, Family Program Chaplain.

**Ch. Col. Albert (Fr. Skip) Baltz-Catholic**  
802-247-6351-Rectory  
802-238-6785-Cell  
[olgh@adelphia.net](mailto:olgh@adelphia.net)

**Ch. LTC Calvin W. (Cal) Kemp-Protestant**  
(802) 338-3399 - Office/Camp Johnson  
(802) 660-5422 - Office/VTANG  
(802) 598-0689 - Cell  
[calvin.kemp@vtburl.ang.af.mil](mailto:calvin.kemp@vtburl.ang.af.mil)

**Ch. Jim MacIntyre-Protestant**  
(802) 338-3398 - Office  
(888) 607-8773 - Toll Free  
(802) 310-0638 - Cell  
[james.macintyre@vt.ngb.army.mil](mailto:james.macintyre@vt.ngb.army.mil)

This page is for any office from any squadron to have a chance to reach out to families with information. If you are a VTANG member and/or State Family Program employee and would like to submit something for our families to read, please contact:

Mary or Kelli @ 652-8035 or send it to: [mary.bullis@vtburl.ang.af.mil](mailto:mary.bullis@vtburl.ang.af.mil) or [Kelli.langlois@vtburl.ang.af.mil](mailto:Kelli.langlois@vtburl.ang.af.mil)

# FAMILY READINESS GROUP INFORMATION

Many people are still unaware that Family Readiness Groups exist for each Squadron within the VT Air National Guard Community. And those who are aware, are still unsure of what they are. FRGs are groups made up of volunteers, who work together to plan activities, organize phone trees & fundraise to help support those events and things that will help to better prepare & support families. Having an FRG in each squadron helps to build cohesiveness among the families and therefore, make life a little easier when it comes to a time of needing a little extra support from someone who can identify with their situation. There is a HUGE need for volunteers, especially with a large deployment coming up. Please take some time to familiarize yourself with the following volunteers and contacts and consider volunteering. You can do as little or as much as you would like. For those squadrons deploying, the first priority is getting the phone trees up & running so calls of official information & morale can be made to the families. All squadrons may deploy someone at sometime and information needs to be disseminated so the FRG's efforts are ongoing throughout the year. That is what READINESS is all about.

## Squadrons & Lead Volunteers

Fighter Wing Staff-(FW)-Pamela Jensen  
Operations – (OPS)-Dawna Moultroupe  
Security Forces-(SFS)-Rhonda Poulin  
Medical-(SG)- Karen Powers-  
Logistics/Supply-(LRS)-Vacant  
Maintenance-(MXM)-Kelli Langlois&Emily Houston  
Aircraft Maintenance-(MXA)-Heather McElheny  
Civil Engineering-(CE)-Tonya Tourville  
Personnel, Communication, Services (MPF, Comm, SVS)-Kathy Kidder

These Lead volunteers work closely with a Military Point of Contact (MPOC) and with each Squadron Commander to get approval and support for their activities within the military chain of concern & command.

AN FRG is NOT a place to come together and gossip. It is not a wives club and has nothing to do with rank. It is a group that comes together to support, brainstorm, and yes, to have some fun with each other! While building relationships with other families, it is building a network of support.

**Want to volunteer? Unsure of which squadron you would belong to? Feel free to contact the office and the office can determine the FRG you would volunteer with or feel free to volunteer on a wing level as well!!!!**

## **What is a phone tree?**

A phone tree is a network of volunteers who disseminates **OFFICIAL** information or makes morale calls to the squadron's families during deployments but it is a goal of each FRG to have an active phone tree throughout the year to provide info on upcoming events and opportunities. To become a "contact caller", a person must attend training. Trainings will be offered throughout the year by the office and may be provided by the FRG leader.

## SPECIAL NOTE

The United States has experienced the worst natural disaster in its history. As you all know, Hurricane Katrina has devastated parts of Louisiana, Mississippi, and Alabama. Many of you may know of families who have lost everything or have been affected by this tragedy somehow. Some of our National Guard families have been affected either directly or by having a loved one deployed with our Security Squadron.

Lots of people are wondering what they can do to help. Please check with your local area as many churches are taking up collections of either money or supplies to be sent to the South. There are many websites devoted to helping the victims of the hurricane. Another way to help and probably the best way would be to make a donation to the American Red Cross Disaster Relief Fund. Here's how:

## AMERICAN RED CROSS

ONLINE WEBSITE- This website gives you information on the many different ways you can donate:

[www.redcross.org/donate/donate.html](http://www.redcross.org/donate/donate.html)

Toll free number-1-800-HELP-NOW (1-800-435-7669)

Address (Local VT chapter)  
American Red Cross-Northern VT chapter  
29 Mansfield Avenue  
Burlington VT 05401-Please note where the money is to be distributed. IE, Hurricane Katrina Disaster Relief

For our military members across the US who need help locating loved ones and finding support for their family, please visit the website:

[www.militaryonesource.com](http://www.militaryonesource.com) or call 1-800-342-9647

\*\*\*Again, there are many agencies that are involved in the relief effort. Many businesses have collection boxes for American Red Cross. Please consider donating whatever you can, for every little bit counts.

**OUR THOUGHTS ARE WITH ALL OF THE VICTIMS & THEIR FAMILIES AFFECTED BY HURRICANE KATRINA!!!**

## FAMILY READINESS PROGRAM OFFICE CONTACT NUMBERS

**Wing Family Program Coordinator:**

**Mary Bullis** 1-802-652-8035, Emergency Beeper #351-4485

**Kelli Langlois**, Assistant 1-802-660-5210 Ext. 5617

**State Family Program Office-Located at Camp Johnson:**

**Major Samuel Gould**-State Family Program Manager-338-3164

**Lynn Bedell** -State Family Program Director- 338-3347

**Mary Blow**-State Family Program Volunteer Coordinator -338-3076

**Jim MacIntyre**-Chaplain-338-3398

**Tamra Augustino**-State Family Program Training Manager-338-3164

**John Gill**-State Family Program Special Events Coordinator-338-3112

**Ann Marie Klein**-State Family Program Youth Coordinator-338-3369

The following are numbers for the Family Assistance Center Representatives (FACR).

There are four centers set up around Vermont to provide assistance to military members and their families. This includes ALL branches of service.

**Michael Bourgeois**- FACR-SWANTON-868-7927

**Wayne Boyce**-FACR-LYNDONVILLE-626-8130

**Joyce Cloutier**-FACR-BERLIN-223-2975

**Heather Hinckley**-RUTLAND-RUTLAND-775-0194

Please do not hesitate to call with any questions or concerns!!!! We are here to help!!!!

## UPCOMING EVENTS AND TRAINING SCHEDULE

**VOLUNTEER TRAINING:** Location Building 170-Base Chapel unless otherwise noted

Wednesday September 14<sup>th</sup> 6:30pm- FRG 101

Wednesday September 28<sup>th</sup> 6:00pm -Money Matters-Managing FRG funds

Wednesday October 12<sup>th</sup>

Wednesday October 26<sup>th</sup> 6:00 pm -Deployment training

Wednesday November 9<sup>th</sup> 6:00 pm -Phone tree training

\*\*\*More training sessions will be added as needed\*\*\*\*\*

**Family Briefings for AEF deployment:**

Saturday November 6<sup>th</sup> Time & location to be determined-Another will be added during a weeknight slot as well. This will be for those deploying in January.

\*\*Other family briefings will begin for the main body of deployers in February.

The 2<sup>nd</sup> Annual Winter Carnival will be held February drill weekend, Sunday the 5<sup>th</sup>. We will be incorporating family briefings into that weekend. More information to come as the schedule is determined.

# Fort Drum Commissary *Case Lot SALE*

Vermont National Guard

Colchester, VT

Pick up your ORDER FORM for this case lot SALE

from Your Unit or:

Mary Bullis, Family Readiness Program,

Vermont Air National Guard, 88 NCO Drive, Suite 114,

South Burlington, VT 05403.

802-652-8035

mary.bullis@vtburl.ang.af.mil

**Complete your order form and return it by October 15, 2005**

to Mary Bullis or Mail your completed form to:

Fort Drum Commissary

10730C South Memorial Drive

Fort Drum, New York 13602-5006

Or email to

[robert.smith02@deca.mil](mailto:robert.smith02@deca.mil)

Product will be delivered On November 5 & 6 to Building 6, 789

National Guard Road, Camp Johnson, Colchester, VT 05446-3099.

*(First Brick Building on Left after entering gate).*

Pick up time between 11:00 a.m to 7:30 p.m.

We will also have other items available for you to purchase at the SALE. Look for Holiday items, Hunting Supplies and Baby Items along with many other items that you may purchase by the item. GREAT SAVINGS.

**We will accept cash, checks, or credit cards, sorry NO DEBIT.**

**Manufacturer coupons will be accepted.**

If you hold an Active Military ID card, Retired ID card, Reserve/National Guard ID card, you are welcome to partake in this SALE.

This sale is not open to the General Public. Authorized Commissary patrons only.

Email: [robert.smith02@deca.mil](mailto:robert.smith02@deca.mil) or call: (315) 772-6581 or 6559 or DSN 772-6559

## DEALS & DISCOUNTS

### **CAR DEALS!!!!**

You may have heard about many dealerships such as Chrysler/Jeep, Ford, Subaru and Saturn selling cars at employee prices (prices their very own employees would pay). BUT, don't forget that many offer a military discount as well and sometimes it is on top of the special prices. So, when shopping for a vehicle, don't forget to ask about a military member discount!

### **BEST WESTERN HOTELS**

Just show your military or federal employee ID card and receive the federal per diem rate for your stay! Offer expires, December 31, 2005

[www.military.com/discounts](http://www.military.com/discounts)

**Over 400 companies offer discounts to thank military families!**

**Vermont Businesses: Ask the business to be sure the discount still applies!**

Alex's Restaurant, Home of the Vermont Soup Company on Williston rd. South Burlington offers a 20% discount.

Petals and Treasures, a florist located on Williston Road next to Marco's Pizza is offering a 15% discount to all military. If not in uniform just ask for the military discount and have your ID.

Taco Bell in the University Mall, South Burlington VT and the Taco Bell, Champlain Centre North, Plattsburgh NY is offering a 10% discount to anyone that shows a military ID when placing an order. This is good for service members and dependants. (This is for all military families - not just those on Active Duty.)

Green Mountain Rock Climbing Center Rutland - family members of soldiers deployed will receive 50% off instruction and day passes. They are located at 223 Woodstock Avenue, Rutland, VT, near Applebee's, the Rutland HS and Home Depot. Their number is 802-773-3343. Their website is [www.vtclimbing.com](http://www.vtclimbing.com)

Dunkin Donuts in Morrisville - Percent off your order.

Essex Cinemas, Essex - Adult movie ticket for the price of a child.

Vermont Teddy Bear Company - 25% Off Vermont Teddy Bears. Use Coupon Code: Military, Expiration Date: 27 Sep 2006. Eligibility: any Military personnel.

**\*\*More discounts to come in the next newsletter!**

**\*\*Be sure to ask the business about an expiration of their offer. Some have expiration dates of Dec. 31 2005!**